



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY North Brandon Family YMCA Indoor Cycling

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	Strength Ride Sheila		LES MILLS RPM Steve				
8am						LES MILLS RPM Cindy H.	
8:30am		Strength Ride Sheila		LES MILLS RPM Cyndi W.			
9:00am						Road Ride Gigi/Audrey	
9:30am	NEW CLASS! Interval Ride Donna						
5:30pm	LES MILLS RPM Steve						
6:30pm		Strength Ride Nancy	Interval Ride Nancy	LES MILLS RPM Deanna			

What is Indoor Cycling?

Indoor cycling is a class that is designed to be an individually paced journey to mental and physical wellbeing. All of our instructors are nationally certified. Give yourself time to get "cycle fit" by attending classes regularly to building your endurance. **All classes are approximately 45 minutes.** If you are new to cycling, please ask the instructor for assistance in setting up your bike to ensure a safe, fun ride.

An Introduction to Cycling Class is offered the first Thursday at 9:20am and the first Saturday at 9:50am each month. This 30 min. class is designed to introduce you to proper bike setup, different riding positions, bike safety and more and is recommended but not required for first-time riders.

Do I need to sign up to reserve a bike?

Yes! 30 minutes prior to class start time receive a Cycle Pass # to reserve your bike at the Welcome Center. You will give the Cycle Pass to the instructor when you arrive for class.

What should I bring?

A bottle of water and a towel are REQUIRED! **No water, no ride!** You may purchase a bottle of water at the vending machines downstairs. Heart rate monitors, bike shorts, special cycling shoes are not required but you may bring these times with you to class.

Can families cycle together?

Yes! 10-12 years must be accompanied by an adult and have completed a Youth Orientation prior to attending. Enroll in Youth Orientation at the Front Desk. For your child's safety, your child must be the proper hip height to the seat of the bike and able to reach the pedals.

After class -

we require you to clean your bike. Please turn the resistance completely to the left. Paper towels and cleaning solution are provided for you to wipe down the seat and handlebars.

We hope you have a tremendous and safe experience! Cyndi.Waring@Tampaymca.org - Group Exercise Coordinator



WE'RE MOBILE! Download our new YMCA mobile app on your smart phone.



Indoor Cycling Class Information

FREE to Members!

Indoor group cycling is a class that is designed to be an individually paced journey to mental and physical wellbeing. By adjusting the resistance knob on your bike, all fitness levels can participate and work at your own individualized level. All of our instructors are nationally certified. Cycling is an entirely different type of fitness workout than any other cardiovascular activity. Give yourself time to get 'cycle fit' by coming regularly for an appropriate period of time. You WILL see and feel a difference in your fitness! All classes are approximately 45 minutes in length, unless otherwise noted.

Indoor Cycling Class Descriptions

Strength and Interval Classes: Each class works a different energy zone. Strength builds lean muscle through consistent moderate to heavy resistance and a steady heart rate. Intervals will bring the heart rate up and then allow for active recovery.

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on mixed terrains with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Road Ride: Simulate riding outdoors through flats, hills, maybe even a mountain climb or two! Your expert instructor will take you on a fitness journey with a different terrain each week set to incredibly motivating music!
